



Tamarac News

"Reading to or with your child daily will significantly improve their reading ability."

Where Learning Comes To Life!

March, 2016

Principal's Message

Spring is quickly approaching and we have been having some very nice days lately. The warmer temperatures this time of the year can be very misleading. Warmer temperatures can quickly change and a sunny day could turn into frigid temperatures, rain and/or snow. Students are reminded to continue to dress for the changing weather we know all too well. Speaking of the change in our weather, the P-4 playground had been shutdown as a result of safety issues with the frozen ground beneath the structure. With the frost leaving the area, we have reopened the playground structure, but it could be shutdown again if the ground re-freezes.

We had a good number of parents register their children for next year's Primary classes. Registrations begin our staffing process, so it is important that our numbers be as accurate as possible. If you know of any parents who have children of school-age for September, 2016, please encourage them to register their child as soon as possible, if they haven't already done so. Orientation for new Primaries will take place on April 6th. A notice will be going home to the parents/guardians of incoming Primaries, giving Orientation information, as well to our current Primaries notifying them of no school for them on April 6th.

The School Options Committee wrapped up its review of the SAERC Feeder System in February. The School Options Committee, made up of voting member representing the TEC, MMEC and SAERC School Advisory Councils, as well as other community members, were tasked with making a recommendation to the Strait Regional School Board regarding declining enrolment and excess space in the three schools. On February 20th, the SOC decided not to make a recommendation to the School Board. The effect of this decision means that the SRSB will now make a decision without the SOC's recommendation. The committee's report is being presented to the SRSB at their next regular meeting on Tuesday, March 22nd at 7:00pm in the SAERC Auditorium. Everyone is invited to attend.

The Science Fair was a huge success and 15 projects from TEC have been chosen to represent TEC at the Regional Science Fair in Port Hawkesbury on April 5th. Students in Grade 4, 6 and 8 are now preparing for the Heritage Fair. The Heritage Fair will take place at TEC on April 20th.

Parents/Guardians and Students would normally be expecting to receive a report card and have Parent/Teacher meetings in March. However, the terms have been adjusted this year which will see these events being shifted into April. Report Cards will be sent home on April 12th, and Parent/Teacher interviews will be held April 13th and 14th.

I have been working with the Port of Welcome Settlement Association, based out of Port Hawkesbury. The committee is working on an application to sponsor a Syrian Refugee family in Port Hawkesbury. In the coming weeks, I will be looking for opportunities to share information with the students, parents/guardians and staff about the plight of the Syrian Refugees. I will work with the school's Me to We Committee to decide on our best approach to this. I'll keep you up-to-date.

Have a great March! March Break is from March 14th to 18th. When students return on March 21st, it will be Day A.

Chuck Boudreau
Principal

Important Dates:

March 14-18-March Break

March 25- Good Friday

March 28- Easter Monday

April 12- Report Cards Go Home

Yearbooks

The deadline for ordering Yearbooks for this school year is Friday, March 25. These orders go directly to the company. No yearbooks can be ordered after this time.

Choir:

The TEC choir has starting preparing for the annual "**Strait From the Heart**" concert. This concert displays the singing talents of the various choirs in Grades P-8 in the Strait Regional School Board. It is an amazing concert and one you do not want to miss! This year the tentative concert dates are Monday, June 6th and Tuesday, June 7th. Please keep watching for information

sent home and my Strait Up page as more information and definite concert dates becomes available.

If you have any questions regarding choir, please contact me at lisa.decoste@srsb.ca or call the school and leave a message.

Heritage Fair:

The school wide Heritage Fair date is Wednesday, April 20th. Heritage Fair projects are mandatory for students in Grades 4, 6 and 8 and teachers may use these as part of their term mark in Social Studies. Students will present their projects to their class and teacher. The top ten projects from **each class** are then judged a second time. The top five projects from each class after two judgings advance to the Performing Arts room to be judged again by visiting judges at the school Heritage Fair. The afternoon of the school Heritage Fair is an Open House in which **all** completed Heritage Fair projects are displayed in the cafeteria. This event is open for public viewing. During the Open House, we also display some cultural entertainment on the stage. We have many talented students at TEC and this is a wonderful way to appreciate their cultural performance abilities. If your son or daughter is able to play an instrument, sing, dance, etc and would like to perform a selection representing one of the cultures in our school please let Lisa Morrow-DeCoste know as soon as possible. Teachers have already or will be sending home information regarding their class dates for projects to be passed in and presented so please watch for information regarding this. Please contact Lisa Morrow-DeCoste with any questions or concerns (lisa.decoste@srsb.ca).

Please check out the Strait Regional School Board Heritage Fair webpage. Go to the Strait Regional School Board home page (www.srsb.ca), click on "Students" at the top and then click on Heritage Fair. It gives some useful information and guidance for projects.

Science Fair:

Another successful Science Fair and Open House was held at TEC on Friday, February 26th. We had 50 interesting and informative projects advance to the Performing Arts room to be judged again. Out of these projects, 15 are advancing to the Civic Centre in Port Hawkesbury on Tuesday, April 5th for the Regional Science Fair. Good Luck at the Civic Centre to the following:

Grade 3:

1. Lainey Cummings - 2/3 imm - "La pile de monnaie"
2. Ella Bartlett - 2/3 imm - "L'osmose"
3. Daniel Shasky - 3A - "Diaper Tester 2000"
4. Diamond MacKenzie - 3B - "Chip's Purrfect Meal"

5. Hannah MacDougall - 3B - "Better Memory"

Grade 5:

1. Hope Murray - 5/6 imm - "Patte Préférée"
2. Zoe Sturmy - 5/6 imm - "Est-ce que la température est important?"
3. Kai MacMillan - 5/6 imm - "Les Paniers Rebondissants"
4. Alex MacIsaac - 5B - "Batteries"
5. Sam England - 5B - "What Makes Ice Melt the Fastest?"

Grade 6 and 7:

1. Hallie MacNeil - 6/7 imm - "Gauche ou Droite"
2. Rylee White and Sierra White - 6/7 imm - "La télépathie des jumelles"
3. Gabrielle Sampson - 7A - "Sweet Dreams"
4. Katie MacDonald - 7B - "Can You Sense It?"
5. Cameron Tate - 6/7 imm - "Les Batons de Baseball"

Honourable Mention is awarded to the following students and projects:

Grade 2/3 imm student Nolan MacNeil - "Groupes Sanguins"

Grade 5/6 imm student Abby Hatcher - "Quelle papier de toilette est le meilleur pour l'environnement?"

Grade 7A student Kolby MacKenzie - "Do Ads Lie?"

These students will advance to the Regional Fair if one of the top 5 projects is unable to attend or if TEC is awarded extra spots at the Regional Fair.

Congratulations to all students who completed a Science Fair project! It was wonderful to be able to view so many different projects at the Open House and it was fantastic to have such a great turnout of interested people. Thank you to the judges who came in to judge projects and the students, parents and teachers who spent the time to research, study, examine and test such unique and interesting hypothesis.

Guidance Counselor's Corner

We have started 'The Lunch Bunch' for grades 3-6.

These are small group sessions where we focus on skills that will improve the student's social-emotional well-being. Some of the topics covered will include friendship and developing communication skills.

Permission slips are available at the guidance area.

With the busy pace of everyday life, it can sometimes be difficult to find time to connect with our children. Here are some tips to help keep the lines of communication open.

Be available for your children

- Notice times when your kids are most likely to talk — for example, at bedtime, before dinner, in the car — and be available.
- Start the conversation; it lets your kids know you care about what's happening in their lives.
- Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time.
- Learn about your children's interests — for example, favorite music and activities — and show interest in them.
- Initiate conversations by sharing what you have been thinking about rather than beginning a conversation with a question.

Let your kids know you're listening

- When your children are talking about concerns, stop whatever you are doing and listen.
- Express interest in what they are saying without being intrusive.
- Listen to their point of view, even if it's difficult to hear.
- Let them complete their point before you respond.
- Repeat what you heard them say to ensure that you understand them correctly.

Respond in a way your children will hear

- Soften strong reactions; kids will tune you out if you appear angry or defensive.
- Express your opinion without putting down theirs; acknowledge that it's okay to disagree.
- Resist arguing about who is right. Instead say, "I know you disagree with me, but this is what I think."
- Focus on your child's feelings rather than your own during your conversation.

Track and field practices will begin the week after Easter break. Any students in Grades 6, 7 and 8 are encouraged to come and try out. There will be 3 weeks of indoor/outdoor physical training followed by tryouts. Athletes are eligible to compete in 6 events in total. Practices will be 2-3 times a week until 4pm. There are generally two qualifying meets at the end of May, one in Mabou and one in Sydney. The NSSAF Provincial meet is scheduled for June 3rd and 4th in Stellarton. There are lots of opportunities for students to participate. We look forward to a great turnout and an excellent season. Coaches, Nicole Campbell, Margie Pace and Kelly Ritcey.

Legion Poetry/Poster/Essay Contest

All students who participated in this year's Legion's Poster/Poetry/Essay contest are invited to attend a ceremony at Legion Branch 43, Port Hawkesbury on Tuesday, March 8 at 6:30. Prizes will be awarded to the winners in each grade at this time. Parents and teachers are also welcome.

The Benefits of Eggs Unscrambled!

Written by Melissa Baker, MHSc, RD, BC Dairy Association

Are eggs good or bad for you? The answer has finally been unscrambled.

Recent research has highlighted that the cholesterol found in eggs has a minimal effect on blood cholesterol levels. An average of 1 egg per day can easily fit into a healthy diet. So, despite eggs unhealthy reputation in the past, we now know that eggs are a great choice:

- **They are an excellent source of protein.** Getting enough protein from your meals can be especially challenging during breakfast time. Eggs can help! Each large egg has 6 grams of protein. Add them to your breakfast to help spread your protein intake more evenly throughout the day.
- **They are nutritious.** Don't throw out the yolks, as they contain almost half of the protein and many other healthy nutrients, such as choline, folate, vitamin B12 and vitamin A.
- **They are affordable and readily available.** Some organic or omega-3 enriched options can be more expensive so stick to the regular option. Eggs are a good choice any way.

- **They are versatile and easy to use.** Perfect for quick meal with family or friends. Get the little ones involved too – teach them how to crack open an egg and whip up some delicious scrambled eggs!

Here are some simple ideas of how to incorporate more eggs into your diet:

- Hard boil eggs and keep them in the fridge for easy snacks or additions to meals.
- Bake mini-quiches in muffin cups for a quick grab-and-go option in the morning, or make a sandwich with an English muffin and microwave it with a slice of cheese for a quick meal.
- Egg salad is a great staple when you just don't know what to pack for lunches. You can make it ahead of time and keep it in the fridge for 2-3 days.
- Try a healthier version of “fried” rice at home. Stir-fry brown rice, with your favourite vegetables, and some eggs.
- Top pizza or sautéed greens with an over-easy egg.

Want some more delicious and nutritious ideas? Visit Breakfast for Learning's Nutrition corner at <http://www.breakfastforlearning.ca/services-info/nutrition-corner/>.

About Breakfast for Learning

Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring they attend school well nourished and ready to learn. Breakfast for Learning has been helping support student-based nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit www.breakfastforlearning.ca.

Thinking about Math

Every month in this section we offer tips and advice on how to help your child understand math. Here are even more games you can play to help develop your child's understanding of number sense!

Make math part of your child's day.

- Point out to your child the many ways in which math is used in everyday activities.
- Encourage your child to tell or show you how he or she uses math in everyday life.
- Include your child in everyday activities that involve math – making purchases, measuring ingredients, counting out plates and utensils for dinner.
- Play games and do puzzles with your child that involve math. They may focus on direction or time, logic and reasoning, sorting, or estimating.
- Do math problems with your child for fun.
- When doing math with your child, use household objects such as measuring cups and containers of various shapes and sizes, as well as math tools such as a ruler and calculator.

Encourage your child to give explanations.

- When your child is trying to solve a problem, ask what he or she is thinking. If your child seems puzzled, ask him or her to tell you what doesn't make sense. (Talking about their ideas and how they reach solutions helps children learn to reason mathematically.)
- Suggest that your child act out a problem to solve it. Have your child show how he or she reached a conclusion by drawing pictures and moving objects as well as by using words.
- Treat errors as opportunities to help your child learn something new.

Nova Scotia International Student Program: Creates Friends for Life by Welcoming the World into your Home!

Involvement in the Nova Scotia International Student Program will provide you with a wonderful opportunity for your family to make a difference by hosting an International student!

Imagine sharing the beauty, history and culture of the Strait Region and Canada with a young student from countries including Spain, Brazil or Japan, and developing lifelong friendships between your two families. We are receiving applications now for students from around the world who want to come in September. To learn more about the Nova Scotia International Student Program (NSISP) in our area and this wonderful opportunity to become a host family, please visit www.nsisp.ca and contact:

Donalda Rooyakkers, SRSB-ISP Interim Program Assistant & SAERC/TEC Homestay Coordinator

(902) 631-0822